

## Carb Counts Middle School March 2023

Date	Breakfast			Lunch
	Item	Carb	Menu Totals	Item
Wed 3/1	Blueberry Muffin	38.00	38.00	Teryiaki Chicken
				Fried Rice
				Veggie Nuggets
	Fruit & Yogurt Parfait	50.37	50.37	Fried Rice
			Grilled Cheese Sandwich	
			Chicken Caesar Salad with Chips	
Thu 3/2	Banana Bread	50.51	50.51	Beef Rotini Pasta
				Garlic Bread
				Veggie Nuggets, Fries & Crackers
				Beef Hamburger & Fries
				Chicken Caesar Salad with Chips
Fri 3/3	Mini Pancakes	36.00	36.00	Cheese Pizza Wedge
				Pepperoni Pizza Wedge
				Baked Potato with Cheese and Chips
Mon 3/6	Strawberry Go-Gurt	7.67	27.67	Chicken Tamale & Rice
	Maple Graham Crackers	20.00		Veggie Patty
	Turkey Breakfast Burrito	55.51	55.51	Bun
	Vegetarian Breakfast Burrito	51.96	51.96	Fries
				Turkey & Cheese Croissant Sandwich
Tue 3/7	Bagels	44.60	46.60	Cheese Breadsticks
				Marinara Sauce
	Cream Cheese	2.00		Bean & Cheese Burrito
				Chicken California Wrap
Wed 3/8	Cinnamon Rolls	38.00	38.00	Chicken Corn Dog
	Fruit & Yogurt Parfait	50.37	50.37	Grilled Cheese Sandwich
				Chicken Caesar Salad with Chips
Thu 3/9	Chocolate Chocolate Chip Muffin	40.00	40.00	BBQ Chicken Meatballs, Potatoes, & Biscuit
				Veggie Nuggets
				Fries
				Chicken Caesar Salad with Chips
Fri 3/10	Concha	34.00	34.00	Cheese Pizza Wedge
				Pepperoni Pizza Wedge
				Baked Potato with Cheese and Chips
Mon 3/13	Strawberry Go-Gurt	7.67	27.67	Beef Cheeseburger Sliders
	Maple Graham Crackers	20.00		Veggie Patty
	Turkey Breakfast Burrito	55.51	55.51	Bun
	Vegetarian Breakfast Burrito	51.96	51.96	Fries
				Turkey & Cheese Croissant Sandwich

		<b>Breakfast - Available Daily</b>		<b>Lunch - Available Daily</b>
<b>Carb</b>	<b>Menu Totals</b>	<b>Item</b>	<b>Carb</b>	<b>Item</b>
11.02	43.30	<b>Milk 1%</b>	<b>16.00</b>	<b>Milk 1%</b>
32.28		<b>Milk Chocolate LoFat</b>	<b>21.00</b>	<b>Milk Chocolate LoFat</b>
13.00	45.28	Benefit Bar - Banana Chocolate	48.00	Baby Carrots
32.28		Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup
31.58	31.58	Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup
52.61	52.61	Cereal - Honey Scooters	46.00	Corn - 1/2 Cup
24.12	38.12	Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup
14.00		Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup
49.87	49.87	Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup
59.48	59.48	Raisins	29.00	Sandwich - Soybutter & Jelly
52.61	52.61			Yogurt (Yogurt Pack)
35.00	35.00			Cheese (Yogurt Pack)
42.00	42.00			Crackers (Yogurt Pack)
87.00	87.00			<b>Spicy Chicken Burger</b>
88.80	88.80			<b>Fries</b>
6.00	64.61			
41.80				
16.80				
29.00	29.00			
17.12	24.12			
7.00				
44.17	44.17			
58.46	58.46			
30.00	30.00			
31.58	31.58			
52.61	52.61			
53.62	53.62			
13.00	29.80			
16.80				
52.61	52.61			
35.00	35.00			
42.00	42.00			
87.00	87.00			
31.30	31.30			
6.00	64.61			
41.80				
16.80				
29.00	29.00			



<b>Tue 3/14</b>	Bagels	44.60	46.60	Macaroni & Cheese
	Cream Cheese	2.00		Bean & Cheese Burrito
<b>Wed 3/15</b>	Vanilla Waffle	38.00	38.00	Turkey & Cheese Croissant Sandwich
	Fruit & Yogurt Parfait	50.37	50.37	Beef BBQ Sandwich
<b>Thu 3/16</b>	Banana Bread	50.51	50.51	Grilled Cheese Sandwich
				Chicken Caesar Salad with Chips
				Chicken Nuggets
				Fries
<b>Fri 3/17</b>	Beef Sausage & Pancake BF Sandwich	15.70	15.70	Veggie Nuggets
				Fries
				Chicken Caesar Salad with Chips
<b>Mon 3/20</b>	Strawberry Go-Gurt	7.67	27.67	Cheese Pizza Wedge
	Maple Graham Crackers	20.00		Pepperoni Pizza Wedge
	Turkey Breakfast Burrito	55.51	55.51	Baked Potato with Cheese and Chips
	Vegetarian Breakfast Burrito	51.96	51.96	Cheese Enchiladas
<b>Tue 3/21</b>	Bagels	44.60	46.60	Veggie Patty
	Cream Cheese	2.00		Bun
<b>Wed 3/22</b>	Mini Waffles	36.00	36.00	Fries
	Fruit & Yogurt Parfait	50.37	50.37	Turkey & Cheese Croissant Sandwich
				Chicken Dumplings
<b>Thu 3/23</b>	Chocolate Chocolate Chip Muffin	40.00	40.00	Fried Rice
				French Toast
				Turkey Sausage Link
				Tater Tots
				Veggie Nuggets
<b>Fri 3/24</b>	Raspberry Breakfast Square	36.00	36.00	Fries
				Chicken Caesar Salad with Chips
				Cheese Pizza Wedge
				Pepperoni Pizza Wedge
				Baked Potato with Cheese and Chips

31.00	31.00					
44.17	44.17					
29.00	29.00					
26.21	26.21					
31.58	31.58					
52.61	52.61					
23.00	39.80					
16.80						
13.00	29.80					
16.80						
52.61	52.61					
35.00	35.00					
42.00	42.00					
87.00	87.00					
30.83	30.83					
6.00	64.61					
41.80						
16.80						
29.00	29.00					
41.00	41.00					
44.17	44.17					
47.00	47.00					
21.00	53.28					
32.28						
31.58	31.58					
52.61	52.61					
40.00	55.68					
0.00						
15.68						
13.00	29.80					
16.80						
52.61	52.61					
35.00	35.00					
42.00	42.00					
87.00	87.00					

